

Daily Schedule (grid-render-v1)

Date	Task	Duration	Time
Today	Morning routine (shower, breakfast)	45m	07:00
Today	Cardio workout (running or cycling)	45m	07:45
Today	Strength training (upper body)	60m	08:30
Today	Break/Shower	30m	09:30
Today	Prepare lunch/Plan afternoon	15m	10:00
Today	Deep work session (focus on a project)	90m	10:15
Today	Break/Snack	15m	11:45
Today	Deep work session (focus on a project)	90m	12:00
Today	Lunch break	45m	13:30
Today	Stretching/Cool-down	30m	14:15
Today	Review day's progress/plan tomorrow	15m	14:45
Today	Evening routine (dinner, relax)	1h	15:00